

Basic meat curry recipe

1 onion
oil
1 tomato
1 heaping tsp tom. paste
1 tsp ginger, chopped
2 tsp chopped garlic
3 tsp coriander powder
1 tsp cumin powder
1/2 tsp turmeric
1 tsp salt
hot pepper (opt)
(n.b. all spice amounts are estimates!)
500g.hamburger, or chicken, or stew beef
2 potatoes

Heat oil to cover bottom of saucepan. Fry onion on med.heat till brown and fragrant. Add tomato, t. paste and spices and fry, uncovered, on med heat till the smell improves and the oil separates out from the mixture a bit. You may need to add a tbsp of water now and then to prevent sticking. Stir now and then. Add meat, cut-up, potatoes, cut into fourths, and stir a minute or two. Add water to desired thickness, cover and boil till potatoes and meat are cooked.